(TMI Newsletter – September 5, 2012)

STRESS HAPPENS.
Managing It Is Our Choice.

Stress is neither friend nor foe. It is a natural reaction to perceived threats -- real or imagined.

"[The] stress response, also known as the fight-or-flight response, triggers many involuntary changes in your body," says Wellness coach, author, and health educator Elizabeth Scott, MS, in her article What Is Stress? on About.com. "Studies on health and stress have shown that stress can be a causal or contributing factor to virtually all major illnesses because chronic stress can lower immunity."

The good news is that the tools and technologies of The Monroe Institute are designed to reduce and manage stress, chronic and otherwise. Those all-important relaxed states of consciousness are preludes to restful sleep, deep meditation, alert cognitive attention, and exploration beyond time and space.

Years of successful application with patients, clients, and students by
TMI's Professional Division and others have yielded a library crammed with relevant content.
You can search them on our Archive pages. Here are just a few:

Brief Meditation Training Can Improve Perceived Stress and Negative Mood
James D. Lane, PhD; Jon E. Seskevich, RN, BSN, BA; Carl F. Pieper, PhD
Journal | Summer/Fall 2010

> **Toward Long-Term Health Benefits**
> Preliminary evidence suggests that even brief instruction in a simple meditation technique can improve negative mood and perceived stress in healthy adults, which could yield long-term health benefits. Frequency of practice does affect outcome. Those most likely to experience negative emotions may benefit the most from the intervention.

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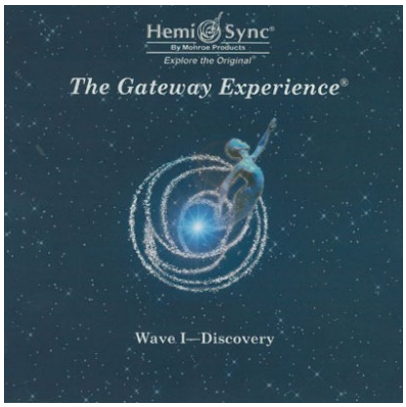
Applications of Altered States of Consciousness in Daily Life
Ruth-Inge Heinze, PhD
Journal | Winter/Spring 2011

Tools for Deep Exploration
When we begin to recognize the qualities of specific states of consciousness, we are able to develop a tool chest. We can then decide which tool to use when we want to increase not only our knowledge of self and others, but also seek access to vitally important information that has not yet reached the level of consensus reality.

Read More ... ***(This article is included in this archive file.)***

Discovering the Shadow
Robert Tollaksen, M.A.
Breakthrough | June 1986



Pain and Stress Reduction
The use of Robert Monroe's DISCOVERY tapes in a Pain/Stress Reduction Clinic provides a gentle self-governing method for the release of the dark side or shadow. Set in a community hospital (Memorial Hospital, St. Joseph, MI), clients are self and physician referred for a wide variety of stress related disorders, ranging from headaches to cancer.

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